

Grilled Fennel-Rubbed Pork Chops & Apricots

Ingredients

- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 2 tablespoons olive oil
- 1 tablespoon brown sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- 4 thin-cut bone-in pork chops (about 1 $\frac{1}{2}$ pounds total)
- 8 firm ripe apricots or 4 nectarines, halved and pitted
- $\frac{1}{4}$ cup crumbled feta cheese
- 2 T fresh fennel fronds

Directions

1. Preheat broiler.
2. Toast coriander and fennel seeds in a small dry skillet over medium heat until fragrant, about 1 minute. Coarsely grind in a spice grinder or mortar and pestle.
3. Transfer to a small bowl and stir in oil, brown sugar, salt and pepper. Coat both sides of pork chops with the mixture.
4. Broil pork and fruit for 2-3 minutes each side. Transfer to a serving dish and let rest for 5 minutes.
5. Serve topped with feta and fronds.

Nutrition Facts Serving Size: 1 pork chop & 4 apricot (or 2 nectarine) halves

Calories 272

Total Fat 13g Saturated Fat 4g Cholesterol 83mg Sodium 576mg Total Carbohydrate 13g **Dietary Fiber 2g**
Total Sugars 10g Added Sugars 3g Protein 27g Vitamin C 8mg Calcium 104mg Iron 2mg Potassium 555mg